

# Apple & Chicken Salad

Rating: ★★☆☆

Makes: 4 Servings

A deliciously balanced blend of crisp Cameo apples, celery, raisins, chicken breast and Greek yogurt-based dressing, served over a bed of lettuce.

## Ingredients

- 2 red apples (such as Cameo Apples)
- 2 celery stalks (diced)
- 2 chicken breasts (skinless, cooked, diced, about 2 cups)
- 1/4 cup plain non-fat greek yogurt
- 1/2 cup raisins
- 1/4 cup mayonnaise
- 1/4 teaspoon salt
- 1/8 teaspoon ground black pepper
- 16 lettuce leaves (Bibb, Romaine, green or red leaf)

## Directions

1. Cut apples in quarters; remove core and chop.
2. In a medium size bowl, mix all ingredients, except lettuce.
3. To serve, arrange lettuce on serving plates top with apple and chicken salad.

## Notes

**Weekly Menu Planning Tip:** When you're planning a dinner with chicken cook up extra chicken breast and refrigerate for later use in this salad.

Serve with 8 oz non-fat milk and 1 slice rustic whole grain bread.



## Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	290	
Total Fat	8 g	12%
Protein	25 g	
Carbohydrates	34 g	11%
Dietary Fiber	4 g	15%
Saturated Fat	1.5 g	8%
Sodium	330 mg	14%

## MyPlate Food Groups

Fruits	1 cup
Vegetables	1/2 cup
Protein Foods	2 1/2 ounces

